

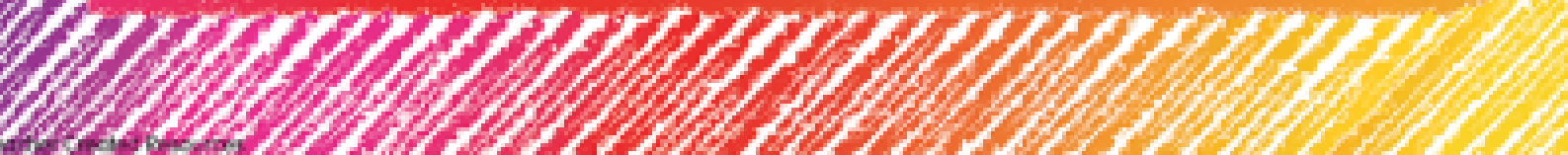


Sri Sankara Global Academy, KKL

Sankara Spotlight

2022-2023





CONTENTS

- **Bulletin**
 - **Pot Pourri**
 - **Picture Perfect**
 - **Poetic Musings**
 - **Picturesque**
 - **Culinary Club**
- 

HIGHLIGHTS OF THE MONTH

Annual Day:

The month of July came to an end with a collection of meritorious performances during the 7th Annual day of our school "Sri Sankara Global Academy Kilkattalai". The overall theme of this event is AATHMA SAMARPAN. This program began with an incredibly motivating speech delivered by our honorable chief guest, SHRI. R.Shrikanth. The award ceremony was followed by the mesmerizing performances of the day.



Sri Jeyendra Saraswathi Swamigal's Jayanthi:

The Jayanthi of a great soul who brought happiness and spirituality to this world, Sri Jeyendra Saraswathi Swamigal is commenced on August 8th. We performed bhajan to commemorate his innumerable contributions.



Independence Day

76th Independence Day of our proud nation "INDIA" was celebrated on August 15. We gained freedom from the British colony due to the sacrifice of tireless and determined work of the freedom fighters. On this significant occasion, we had our well-acclaimed chief guest hoist our National Flag. Followed by this were, patriotic songs and speeches delivered by our skillful students.



Krishna Jayanthi

On August 18, Thursday was the auspicious day which marks the birth of Lord Krishna. We began the day with a divine bhajan. Then we continued to celebrate this event with great zeal and enthusiasm through various different programs such as adorable performances by the Tiny Tots, narration of Krishna's naughtiness, Tamil and English speeches, entertaining skit and a captivating dance performance.



Ganesh Chathurthi

On 30th of August we celebrated the birth of Ganesha with a speech and a devotional bhajan performed by our school's students. Later on we had delicious sweet Pongal.



V.Lakshanna
Gr.9

Pot Pourri

Is 'Future of Social Networking' perilous?



In today's fast-paced world, social networking plays an important role. In just over a couple of years, social media has evolved from an entertainment platform to a completely integrated part of nearly every aspect of many people's daily lives, it continues to evolve at a breakneck speed, making it difficult to predict which path it will take next.

Social media enables us with convenient access and communication, such as, keeping in touch with our family and friends around the world, ready access to research and information, financial services at our fingertips, and effective promotional tools. However, spending excessive amounts of time on social media can actually leave you feeling more lonely and isolated—and aggravate mental health problems like depression and insomnia.

Prolonged use of social networking platforms can make you obsessed with seeing what others are up to. Fear of missing out is an exaggerated faith that other people have a better life or are enjoying their lives more than you. Unfortunately, there is a negative side of everything that is offered by technology. Although bullying is not a recent idea, social media and technology have elevated it to new heights. Cyberbullying has evolved into a more constant and widespread threat.

According to studies, cyberbullied victims frequently experience mental issues such as depression, loneliness, low self-esteem, and social anxiety. However, we must be mindful of how we employ them. If we can use social media wisely, having it will be a positive change for us.

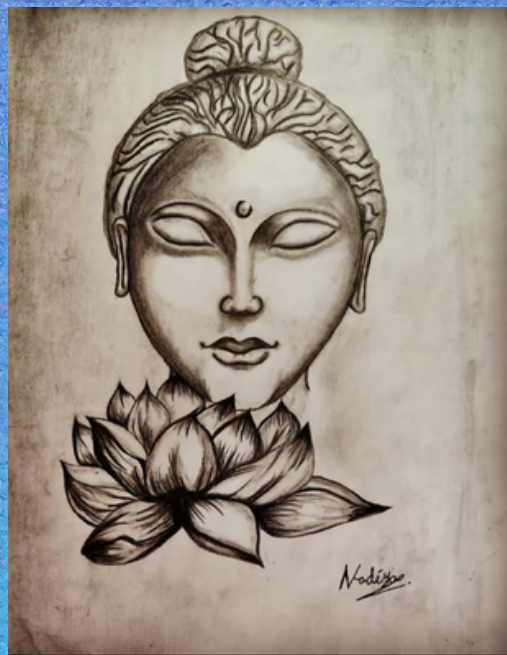
Changing the use of Social Media to improve your mental health:

- Turn off notifications.
- Setting aside a particular time to visit your social media accounts will allow you to make better use of your time.
- Keep your phone out of reach.
- Consider taking a week or a month off from social media. It is the most effective method of defeating it.

Picture Perfect



Sahitya Venkat
Gr.9



Nadiya V.S.
Gr.9



Neha R.V
Gr.9



Varsha S
Gr.9



V. Lakshanna
Gr.9

POETIC MUSINGS



MOTHER NATURE'S CHILD

Picture a cool, breezy day
And the horses eating hay
The summer sun shining high
Shimmering, glowing in the sky
Sitting and feeling Mother Nature's lap
By the river lulling you to a nap
Hearing the swish and swoosh of the trees
Hearing the rustle rustle of the leaves

Imagine a perfect day
Where someone silently lay
On the soft, green, bed
Resting his heavy head
Full of problems and petty troubles
First one problem then it doubles and doubles
Slowly drifting away, to another world
His body lay on the floor unfurled

And there he lay, in peace
In his mind flying with the geese
Resting there spending time with care and love
Secure from hate as hot as a stove
There the man spends his last days
Listening to the tweets and the neighs
And as twilight falls clocking his last hours
The old man finally shines with the stars

By Sreyasa Aravamudan
Gr.9



Let's Eat



A Kitchen Philosophy

The 90s Fav! Pottukadalai Urundai / Maa Laddu

- A traditional South Indian sweet
(Adult Supervision Required)



You will need:

- Roasted Bengal Gram (Split) - 50g
- Ghee- 2 tbsp
- Jaggery - 2-3tbsp
- Nuts (Cashews,Almonds) and Raisins - To your heart's desire
- Cardamom pods - 2

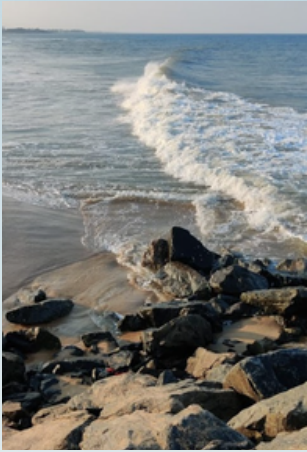
Method:

- Start by adding your bengal gram and jaggery to a mixer/food processor and grind till a smooth powder is formed.
- Using a mortar and pestle, crush your cardamom pods and remove the green outer skin. Crush it further and add to the bengal gram powder.
- Transfer the mixer's contents into a wide bowl.
- Ask an adult to heat up the ghee in a small pan and add the nuts. Fry on a low flame until golden brown. The raisins will puff up like balloons!
- Carefully pour this mixture into the already prepared powder. Mix it using a spoon until it's cool to the touch. Do not let it cool down completely!
- You can now start forming the balls. Place a spoonful of the mixture on your hands and roll it between your palms. Repeat for the rest of the mixture.
- Serve and enjoy this lip-smacking, healthy treat with your loved ones!

G. Sakthi Vidhya

Gr.9

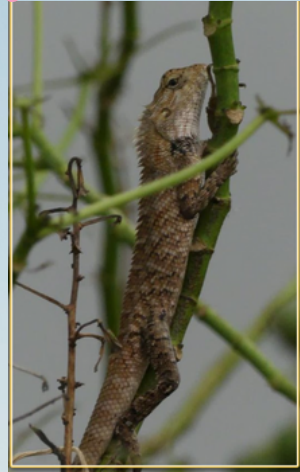
Picturesque



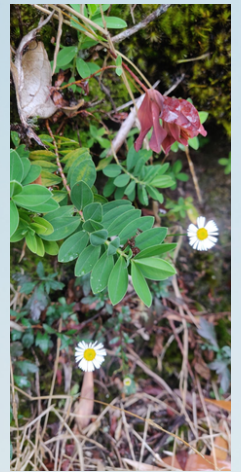
V.S. Nadiya
Gr.9



R.S.Rohitha
Gr.9



R.V. Neha
Gr.9



G.Sakthi Vidhya
Gr.9



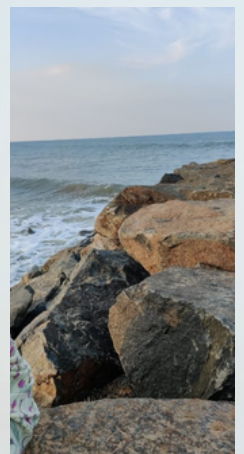
S. Varsha
Gr.9



Aananyaa V.Iyer
Gr.9



Sahitya Venkat
Gr.9



V.S.Nadiya
Gr.9



Sahitya Venkat
Gr.9



Sahitya Venkat
Gr.9

Sanlcara Spotlight

Issue 2